

Date:

My Eating Diary

Time of eating	Where am I?	What's going through my head?	1-8	What's going through my head?	1-8	What I ate (consider your portion size, put your food on a plate before eating, sit down at the table)	Chop, chew

Feelings 1 = ravenous-I can't stop thinking about food, 2 = I am truly hungry, 3 = a little peckish, 4 = no hunger, 5 = feeling comfortably satisfied, 6 = I had one spoonful too much, 7 = gosh..I am uncomfortable, 8 = Ouch...that really hurts & I have eaten too much food

Positive actions today:

Physical activity:

Comments about the day (self-reflection):



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